



Inclusive Yoga for All Abilities



Join Jessica Parson and Meg Kerchhoff in this fully inclusive class where everyone is welcome. This is a fun class where people of all ages and abilities can use yoga as a way to become stronger, more flexible, develop core strength, and improve overall health.

**Fee: \$33 / \$30 (for City residents) per session
OR \$8 drop-in fee per class**

20640: 09/22/15-10/27/15 Tuesday from 4:30-5:30pm

20883: 09/24/15-10/29/15 Thursday from 11:00am-12:00pm

20641: 11/03/15-12/08/15 Tuesday from 4:30-5:30pm

20884: 11/05/15-12/10/15 Thursday from 11:00am-12:00pm
(no class 11/26 this session priced at \$28/\$25 for city residents)

All classes are located at the Carrillo Recreation Center
100 E. Carrillo, Santa Barbara, CA 93101

For more information call **(805) 564-5421**

